

PRESS RELEASE

To be Released - Fairfield County Integrative Family Medicine, LLC, would like to announce the opening of its practice at 2 Corporate Drive in Trumbull, CT. The medical practice will be owned and staffed by Tonya M Cremin, DO, a family physician with specialties in osteopathic manipulation (“OMM” or “OMT”) and integrative medicine. The practice will be accepting new patients and will open in August.

Dr Cremin was recruited to this location by St Vincent’s Medical Center in Bridgeport, CT, in order to fulfill a need for primary care physicians within the Greater Bridgeport Area. This area is designated a “physician shortage area” for primary care doctors, and includes the towns of Trumbull, Shelton, Stratford, Fairfield and Bridgeport.

What Is a DO? The physicians who practice OMT are called Doctors of Osteopathic Medicine (DOs). In many ways, DOs resemble medical doctors (MDs). Both DOs and MDs are fully licensed physicians. They may provide a full range of services, from prescribing drugs to performing surgery, and specialize in everything from obstetrics and gynecology, to pediatrics, to neurosurgery.

Family medicine is the medical specialty which provides continuing, comprehensive health care for the individual and family. The scope of family medicine includes all ages, both sexes, each organ system and every disease.

Integrative medicine (“IM”) is healing-oriented medicine that takes account of the whole person – body, mind, and spirit. Patient and practitioner are partners in the healing process and the IM physician considers both conventional and alternative treatment methods (“CAM”) when helping the patient determine the best approach to his or her individual situation. Effective interventions that are natural and less invasive are recommended whenever possible. Central concepts of integrative medicine also include health promotion and the prevention of illness.

Osteopathic Manipulative Medicine is hands-on care, using the hands to diagnose, treat, and prevent illness or injury. The physician gently examines the patient for changes in the tissues, bones and muscles to help determine how treatment should progress. The physician then treats the patient using the principles and techniques of OMT, including passive and active techniques, such as stretching, gentle pressure and resistance. OMT can be used to treat almost any physical condition, whether as the primary mode of treatment or used alongside other methods. In addition to musculoskeletal problems, such as low back or knee pain, OMT can be used to treat many other conditions including, but not limited to, asthma, sinusitis, carpal tunnel syndrome, headaches, menstrual pain, and recurrent ear infections. Other benefits include enhanced circulation, strengthened respiratory and lymphatic function, and reductions in stress and anxiety. OMT is appropriate and safe for patients of all ages, including newborns, children, and the elderly. Each patient’s complaint and condition are taken into consideration before treatment is given, and the approach is determined on an individual basis.

At Fairfield County Integrative Family Medicine, LLC, Dr Cremin will offer the best of both conventional and CAM interventions, utilizing medication, specialists, and surgical referrals when appropriate and necessary. The office is located on the corner of Route 111 in Trumbull, at 2 Corporate Drive, Suite 110. Appointments can be made by calling 203-445-9060.

